

ATWC-D

MEMORANDUM FOR RECORD

SUBJECT: Well Being Board/Community Health Promotion Council (WBB/CHPC)  
Minutes, 18 February 2014

1. Meeting Attendance:

**Membership**

Chair, WBB/CHCP  
Chief of Staff, USAWC  
Director, SLDR, USAWC\*  
Commander, DAHC\*  
Commander, DENTAC\*  
Commander, USAG\*  
G3\*  
CBks Ministry\*  
CSM, USAG\*  
DAHC/Behavioral Health\*  
USAG Human Resources\*  
Public Affairs Office\*  
Army Community Service\*  
DPTMS, USAG\*  
Safety Office\*  
ASAP\*  
MWR\*  
DHR\*  
SLDR, USAWC, LFP  
SLDR, USAWC, MFP  
SLDR, USAWC  
SLDR, USAWC  
EEO, USAG  
Army Wellness Center  
Security Manager  
DPW – Chief Army Housing

**Present/Represented**

COL David Funk  
COL Don Galli  
Dr. Tom Williams  
  
COL Michael Garvin  
LTC Kimberly Peeples  
Mr Keith Norris  
  
CSM Charles Rosado  
Ms Ginger Wilson-Gines  
  
Mr. Tom Zimmerman  
Ms Donna Jones  
  
Mr John Knowles  
  
Prof John Tisson  
Ms Laurel Cioppa  
Ms Dee Connelly  
Mr Joseph Mallis  
  
Mr Cory Erhard  
Ms Tonya Heinbaugh

\* Positions requiring attendance or designated representation.

The WBB/CHPC Board members approved the 8 January 2014 minutes with an amendment changing Mr John Knowles organization from DHR to ASAP. The meeting minutes were approved as amended.

## 2. Old Business:

### a. AAR/Update of WBB/CHPC themed events held during December and January:

#### DECEMBER

- COM (Chapel/ACS): Holiday Theme Giving/Charities - A chapel representative was not present. ACS serviced 90 families from the greater military communities with holiday gift baskets for Thanksgiving and Christmas as well as checks to Giant food stores. The commissary also donated gift cards for both Thanksgiving and Christmas holidays for Soldiers. ACS provided the Toys for Tots program.
- COM (ASAP): Drinking and Drugged Driving Prevention Month – An article was placed in the Banner, digital signage, post wide banners, as well as a crash vehicle were displayed during the month. A class on the monthly topic presented at LEAD had 31 attendees and same class at Carlisle Barracks had five attendees. LTC Peebles stated there were no DUIs reported during December.
- PROG (DAHC): National Hand Washing Month – Posters were displayed in DAHC atrium and hand sanitizer was distributed by clinic staff. Monthly topic was addressed at the CLIF. The hand washing signage in restrooms around post was well received.
- PROG (DAHC): Overeating Awareness – MAJ Giese, DAHC dietitian, published an article in the Banner.

#### JANUARY

- COM (DAHC/MWR/Chapel): Health, Fitness, Spiritual Resolutions - COL Porter's Commanders Message in the DAHC newsletter emphasized refocusing goals for 2014. MWR is sponsoring the 90 Day Fitness Challenge. An article on SLDR's Strength for Wisdom Campaign was published in the Banner. MWR's First Choice Magazine published an article on setting attainable resolutions. Ray Porter presented a financial class at the post chapel over 18-19 January weekend. SLDR's MFP is offering a series of five NTLs on Family Finance in February.
- PROG (DAHC): National Birth Defects Prevention Month – Poster and pamphlets were displayed in DAHC atrium.
- PROG (DAHC): National Glaucoma Awareness Month – Poster and pamphlets were displayed in DAHC atrium. Glaucoma screenings are available in the Optometry Clinic at any time.

b. Projected WBB/CHPC Themed Events: February, March, April

FEBRUARY

- COM (DAHC): American Heart Month, Wear Red Day– American Heart Association’s National Wear Red Day was encouraged within DAHC. DAHC offers ongoing classes on Lowering Your Blood Pressure. Balfour Beatty is offering a “Love Your Heart” event.
- COM (DAHC/AWC): Wise Health Consumer Month, “Health Smart Items”- The Army Wellness Center is working with *Lifeworks* to offer two commissary tours with emphasis on choosing healthy food items. A recommendation was made to advertise these for the Carlisle Barracks Spouse’s Club (CBSC) and on USAWC Facebook, as well as indoor and outdoor signage. DAHC’s dietitian is offering Healthy Eating Classes.
- PROG (Dental Clinic): National Children’s Dental Health Month - The Dental Clinic will provide tours, fun activities, toothpaste, and alligator toothbrushes to the children in CDC. Short dental screenings will be done on CDC children with notices sent home to parents encouraging follow-up visits with their family dentist.
- PROG (Chapel): National Prayer Breakfast will be held 27 February. Tickets can be obtained from the post chaplains or chapel office.

MARCH

- COM (DAHC): National Nutrition Month, National School Breakfast Week- DAHC’s dietitian will promote this activity with articles, poster, and signage.
- COM (DAHC): Mental Health and Brain Injury (TBI) Awareness - DAHC/BH will coordinate with youth sports on concussion and TBI awareness by providing fliers and info table to all parents at YS soccer sign-ups. They will also have a display on TBI for April’s Safety Fair and bike helmet fittings will be conducted. DAHC will offer TBI training to their medics and TBI information will be on display in the clinic atrium. There will be TBI screenings offered at DAHC.
- COM (DAHC/BH): National Sleep Awareness Week-.Sleep Education classes are on-going at DAHC. Electronic signage, posters, and a Banner article will promote the importance of proper sleep hygiene.

- PROG (DAHC): National Colorectal Cancer Awareness Month – Poster and pamphlets will be displayed in DAHC atrium. DAHC staff will wear reminder label pins and the clinic phone line will contain message reminders to encourage screening.
- PROG (ASAP): Inhalant Awareness Week- ASAP will place an article in the Banner to increase awareness of inhalant dangers.

#### APRIL

- COM (ACS/CYSS) : Month of the Military Child - An Easter Egg Hunt and Family Fair will stress family fitness, child abuse awareness and other pertinent topics. YS and CDC have activities planned annually to celebrate the month and new ideas are welcome.
- COM (MWR): Employee Health and Fitness/Physical Fitness & Sports Month- The Strength for Wisdom Campaign will continue to be emphasized to encourage increased civilian employee fitness. MWR is looking at incorporating civilian activities for fitness during Jim Thorpe Sports Days. A family friendly 5K run/walk is planned for March, date TBD.
- PROG (ACS): Sexual Assault Awareness and Prevention Month- Pending
- PROG (ACS): Child Abuse Prevention Month- Teal Ribbons will be handed out for child abuse awareness.
- PROG (ASAP): Alcohol Awareness Month with Alcohol Screening Day- ASAP is working with DAHC's social worker for alcohol screening. A Banner article, electronic signage, DAHC atrium signs and information fliers are planned. Mr Knowles is able to bring in topic speakers for alcohol awareness. This may have to wait until next AY due to USAWC students' schedule. COL Funk recommended locking in some available speaker dates, and then schedules can be reviewed.
- PROG (ASAP/DAHC): Drug Take Back Day- This event is planned for 26 April at AHEC.

#### 3. New Business:

- a. The Integrated Master Calendar Report: 90 Day Well Being “Significant Events” was reviewed. Dr. Williams asked for any changes by COB 28 February.
  - b. LTC Peebles presented a briefing on the Ready and Resilient Campaign (R2C) and Carlisle Barrack’s Ready and Resilient Assessment, with emphasis on program improvement areas. These areas include Sponsorship, SHARP, & Master Resiliency Training.
  - c. COL Funk presented R2C as requiring *Unity of Effort*, mission, objectives and four key tasks to achieving R2C endstate. He emphasized that being ready and resilient is a personal goal for each individual and Carlisle Barracks and the USAWC needs to provide program opportunities to help individuals reach their goals. CHPC/WBB Working Groups will be formed to provide input and feedback on areas needing emphasis. These groups will report back to WBB/CHCP and share best practice solutions. This will be discussed in more detail at the next WBB/CHCP meeting.
4. The meeting was adjourned at 1005.
  5. Next WBB/CHPC Meeting: 19 March, 1330-1430, CCR.

DAVE FUNK  
COL, IN  
Chair, WBB/CHPC